

# ADULT

## ACTIVITIES & SPORTS

### DANCE

#### Irish Dance: Teens/Adults

Beginner and intermediate level dancers will learn a variety of soft and hard shoe dances, as well as group dances. Traditional 'set dances' will also be taught. A recital will be held on the last night of class. Beginning students do not need Irish Dance shoes.

6 Classes Instructor: Valerie Deam

13 Years+ \$55 Res/\$66 Non-Res

**Heritage Park & Museums**

**Thu 2/18-3/31\* 8:00-9:00 PM Activity #40471**

**Thu 4/14-5/19 8:00-9:00 PM Activity #40472**

\*no class 3/10

#### Adult Tap Lessons

Tap provides great exercise for the mind and body, and is loads of fun. Tap shoes are required.

7 Classes Instructor: Castro Valley Performing Arts

##### Tap I

Appropriate for both beginner and intermediate dancers, students will be introduced to a variation of time steps, tap turns, floor combinations, and application of various syncopated rhythms to music, with an emphasis on clean footwork.

15 Years+ \$66 Res/\$79 Non-Res

**Heritage Park & Museums**

**Tue 2/23-4/19 7:45-8:45 PM Activity #40129**

##### Tap II

Tap II expands on the basics of Tap I, with the addition of intricate rhythm variations, so students should have previous tap dance experience.

15 Years+ \$66 Res/\$79 Non-Res

**Heritage Park & Museums**

**Tue 2/23-4/19 6:45-7:45 PM Activity #40131**

#### Bollywood Fusion for Adults

This exciting class has energy and artistic choreography. With a degree in Indian Classical Dance, instructor Vaishnavi Misra infuses Bollywood music and moves with rich, world choreography, to produce a dance form so spectacular that you won't want to stop dancing. With tips and tricks to doing it right, learn this art form while keeping in shape and increasing your energy level. Teens, ages 13-16 may register if accompanied by a registering adult.

12 Classes Instructor: Vaishnavi Misra

17 Years+ \$180 Res/\$216 Non-Res

**Shannon Community Center**

**Tue 2/16-5/3 7:00-8:00 PM Activity #40483**

#### Ballroom Basics

Leather sole shoes are recommended. Singles or couples welcome.

8 Classes Instructor: Catherine Morgan

##### Level I

In this popular dance series, the focus will be on Foxtrot, Waltz and Single Time Swing. The easy pace and simple instructions will help you learn quickly, and feel comfortable on any dance floor. This is an excellent class for all levels and for those who want to improve their leading and following.

16 Years+ \$50 Res/\$60 Non-Res

**Dublin Senior Center**

**Fri 3/18-5/13\* 7:00-8:00 PM Activity #40436**

\*no class 4/8

##### Level II

Learn additional steps and intermediate patterns, which will improve your technique as well as provide you with greater body awareness when moving to music. This is a perfect class for those who are wishing to brush-up or review the foundations of American Ballroom Smooth. Focus will be on rhythm, posture, how to move to music and dancing more smoothly with your partner. Foxtrot, Waltz and triple-time Swing will be presented. No rotation of partners. **Prerequisite:** Ballroom Basics I, or instructor permission.

16 Years+ \$50 Res/\$60 Non-Res

**Dublin Senior Center**

**Fri 3/18-5/13\* 8:00-9:00 PM Activity #40438**

\*no class 4/8

### MUSIC

#### Ukulele

Instructor: Glenn Staller

##### Beginning

Learn the basics of playing the ukulele. Focus is on learning chords, strumming, and melodies through playing contemporary and traditional Hawaiian songs. Participants will play songs together as a group.

13 Years+

6 Classes \$99 Res/\$119 Non-Res; plus \$20 materials fee

**Shannon Community Center**

**Sat 2/20-3/26 9:30-10:30 AM Activity #40187**

##### Immersion

Study a different style/technique each week. Students learn finger picking, blues progressions with turn-arounds, and bossa nova and Latin rhythms. Bring your own ukulele.

13 Years+

3 Classes \$59 Res/\$81 Non-Res; plus \$15 materials fee

**Shannon Community Center**

**Sat 4/2-4/16 9:30-10:30 AM Activity #40188**

## SPECIAL INTEREST

### CPR, AED and First Aid

Did you know that 75 to 80 percent of all out-of-hospital cardiac arrests happen at home and that the majority of victims receive no hands-on care until EMS arrives? Properly applied, CPR and First Aid can save lives and reduce recovery times. Learn to recognize signs of cardiac arrest and also how to deal with emergencies like bleeding, shock, burns, sprains, fractures, allergic reactions, seizures and more.

1 Class Instructor: American Safety Academy

13 Years+ \$72 Res/\$86 Non-Res

#### American Safety Academy

Sun 2/28 1:00 PM-5:30 PM Activity #40421

Sat 3/19 9:30 AM-2:00 PM Activity #40422

Sun 4/10 1:00 PM-5:30 PM Activity #40423

Sat 5/7 9:30 AM-2:00 PM Activity #40424

## FITNESS & WELLNESS

### Pilates Plus

Become leaner, stronger and revitalized through Pilates. Pilates is a system of exercises utilizing the body and mind to increase flexibility and strength. The focus of Pilates is on the "powerhouse" muscles, which encompasses the core muscles of the torso, and the relation of the abdominals to the back muscles. This special class also uses rollers and balls for myofascial and muscle release. Designed for all levels; students focus on body awareness in a fun informative format.

Instructor: Judith Connaughton

18 Years+

#### Dublin Senior Center

6 Classes \$60 Res/\$72 Non-Res

Mon 2/22-3/28 6:45-7:45 PM Activity #40175

5 Classes \$50 Res/\$60 Non-Res

Mon 4/11-5/9 6:45-7:45 PM Activity #40176

### Pilates Barre Sculpt

Get ready to transform your body. Get longer, leaner and stronger while enhancing flexibility and posture as we redefine our body image inside and out. This class incorporates Pilates and Barre exercises that engage your core while sculpting and shaping the entire body. This multi-level class focuses on form and alignment, muscle intensity, and calorie burning exercise in a non-impact format.

Instructor: Judith Connaughton

18 Years+

#### Shannon Community Center

6 Classes \$60 Res/\$72 Non-Res

Thu 2/25-3/31 6:00-7:00 PM Activity #40177

5 Classes \$50 Res/\$60 Non-Res

Thu 4/14-5/12 6:00-7:00 PM Activity #40178

### Ladies Boot Camp

Joining a boot camp gives you the motivation and support you need to have a great, fit year! You will love how this program makes you feel and the results you will achieve. No matter what your fitness goals are, this camp will jump start your training program and help motivate you to experience success. An experienced team of sports performance coaches work with you in the state-of-the-art Core Performance sports facility. The trained staff will help you achieve your goals and reach a whole new level of health and fitness by incorporating cardio and strength training-in as little as one hour a day.

9 Classes Instructor: Core Performance

18 Years+ \$99 Res/\$119 Non-Res

#### Core Performance

Mon, Wed, Fri 2/8-2/26 7:00-8:00 PM Activity #40694

Mon, Wed, Fri 3/7-3/25 7:00-8:00 PM Activity #40695

Mon, Wed, Fri 4/4-4/22 7:00-8:00 PM Activity #40696

Mon, Wed, Fri 5/2-5/20 7:00-8:00 PM Activity #40697

### Running For Weight Loss

Participants shed pounds faster and more easily than they ever thought possible in this fun running program. Little by little, week by week, you'll find yourself running more and weighing less! The FIT Potato teaches the basics, including what shoes to wear, how to stretch, proper running form, and core muscle exercises. Even if you have never run before, The FIT Potato can help. Experience all the health benefits of running: improved mood, stress reduction, more stamina, and tons of energy. Train for your first 5K, 10K or half marathon.

10 Classes Instructor: The FIT Potato

18 Years+ \$119 Res/\$143 Non-Res

#### The FIT Potato

Mon 2/22-4/25 6:15-7:15 PM Activity #40433

### Strength Training For Runners

Strength training is an integral part of every runner's weekly workout. Power up your legs to increase your speed and have a stronger kick. Strengthen your core to improve form and efficiency. Tone your arms to increase cadence. Strength training helps prevent running injuries.

10 Classes Instructor: The FIT Potato

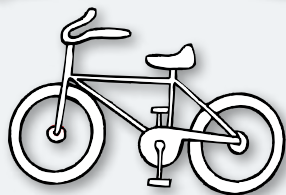
18 Years+ \$119 Res/\$143 Non-Res

#### The FIT Potato

Wed 2/17-4/20 6:00-7:00 PM Activity #40435



# BICYCLE WORKSHOPS



## Adult Bike Safety Class: Urban Cycling 101

**Saturday, April 2**  
**10:00 AM – Noon**

**Dublin Public Library Program Room**

*Indoor workshop for adults and teens, no bike required*

This fun and interactive classroom workshop taught by a certified League of American Bicyclists instructor will cover:

- Basic rules of the road
- How to equip your bicycle
- Fitting your helmet
- Avoiding bike theft
- Riding after dark
- Avoiding common crashes

Participants will receive a free reflective vest. Register at [BikeEastBay.org/Education](http://BikeEastBay.org/Education) to participate.

## Adult Bike Safety Class: Urban Cycling 201

**Saturday, April 9**  
**10:00 AM – 3:30 PM**

**Dublin Public Library Program Room**

*Indoor and outdoor workshop for adults and teens*

Participate in on-road, on-your-bike practice sessions; working in small groups with Bike East Bay's certified instructors. Class will cover:

- Bike handling skills
- Crash-avoidance maneuvers
- How to bike confidently on any street

Each participant receives a free set of bike lights. Attendance at an Urban Cycling 101 classroom workshop is a prerequisite to participating in this class. Attendees must bring working bicycles and helmets to class, and be able to ride in order to participate. Registration required at [BikeEastBay.org/Education](http://BikeEastBay.org/Education).

## How to Prevent Bike Theft

**Saturday, February 27**  
**1:00 – 2:00 PM**

**Dublin Public Library Program Room**

*Classroom session, no bike required*

Learn how to protect your bike from theft at this workshop. Topics include locking techniques, secure parking options, bike registration, and tips on how to recover a stolen bike. Register at [BikeEastBay.org/Education](http://BikeEastBay.org/Education) to participate.

Classes are free.

For more information, call (925) 833-6630.

## Zumba® Fitness with Robin

Dance to great music, with great people, and burn a ton of calories without even realizing it. Who is Zumba® perfect for? Everybody and every body. Each Zumba® class is designed to bring people together to sweat it on. We take the 'work' out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called "exercise in disguise." It's a total workout, combining all elements of fitness—cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

13 Classes Instructor: Robin Cranford

16 Years+ \$144 Res/\$173 Non-Res

**Dublin Senior Center**

**Tue 2/16-5/10 7:15-8:15 PM Activity #40413**

**Wed 2/17-5/11 6:00-7:00 PM Activity #40412**

## Bombay Jam® Total Body Fitness

This program has a serious focus on integrating fun and fitness. Our custom music mixes are created with the hottest Bollywood tracks and some American Top 40 music, that will motivate the participants instantly. Bombay Jam® includes cardio and toning in one action-packed class. The choreography incorporates simple and easy-to-follow dance fitness moves and is full of Bollywood masala. Build endurance and develop long, lean muscle. Participants will be burning calories and thrilled by all the Bombay flair. Just one class will leave the class energized and counting down until next Bombay Jam® class.

Instructor: Priya Vasudevan

18 Years+

**Dublin Senior Center**

11 Classes \$110 Res/\$132 Non-Res

**Wed 2/24-5/11\* 7:00-8:00 PM Activity #40414**

\* no class 4/6

9 Classes \$90 Res/\$108 Non-Res

**Sun 2/28-5/15\* 10:00-11:00 AM Activity #40415**

\* no class 3/27, 4/10, 4/24

## U-Jam® with Andrea

Get ready for a class that's energizing, uplifting, and great for your health. U-Jam® is a cardio dance program that infuses global music genres with an urban beat. From Bollywood and K-Pop to Latin and Jazz, every U-Jam® song follows simple choreographed routines that allow you to get a great workout while having fun. Come dance yourself into better health and spirits with U-Jam® Fitness. No prior dance experience is necessary.

12 Classes Instructor: Andrea Reak

18 Years+ \$120 Res/\$144 Non-Res

**Shannon Community Center**

**Wed 2/17-5/11\* 9:00-10:00 AM Activity #40420**

\* no class 4/6





# SHAMROCK 5K FUN RUN & WALK

City of Dublin 2016 Presented by World of Shoes

**Sunday, March 13, at 8:30 AM**

The Shamrock 5K is a great event for runners and walkers of all skill levels...don't miss out on all the fun!

## A few event highlights

- 3.1-mile certified 5K course
- Over 2,000 participants
- Special discounts for families, corporations and non-timed runners
- Commemorative event T-shirt for all pre-registered participants
- Post-race celebration with refreshments, entertainment, prizes, and more!



## Registration

Individuals (Chip Timed) – Pre-registration	\$25
Individuals (Not Timed) – Pre-registration (Not Timed individuals will not be included in the race results)	\$23
Families – Pre-registration (immediate family of 3-6 members living in the same residence)	\$21 per person
Corporate – Pre-registration (five or more registrants)	\$23 per person
On-site Registration	\$35 per person

Register online at [www.active.com](http://www.active.com). For more information, call Angela Gamez at (925) 556-4500.

## Jazzercise®

Jazzercise® is a calorie-torching, hip-swiveling, dance party workout to put your abs to the test, with a hot playlist to distract you from the burn. Our classes—Dance Mixx, Interval, Fusion, Core, Strike, and Strength—will leave you breathless, toned and coming back for more. Bring a mat and hand weights. Contact Barbara Van Trease at (925) 447-8890 for class information or visit [www.jazzercise.com](http://www.jazzercise.com) for new student offers and pricing.

18 Years+

**Dublin Senior Center**

**Mon, Tue, Wed, Fri, Sat & Sun 8:30-9:30 AM**

**Mon & Wed 5:30-6:30 PM**

**Tue & Thu 6:00-7:00 PM**

## Happiness through Hypnotherapy

Ready to have more happiness in your life? Happy people do certain things and have a certain outlook. Discover important activities and skills to help bring yourself fulfillment. Learn about self-hypnosis and how to reprogram your mind to live with a more positive outlook.

4 Classes Instructor: Darrell Mark

18 Years+ \$50 Res/\$60 Non-Res

**Shannon Community Center**

**Wed 3/2-3/23 6:30-7:45 PM Activity #40455**

**Wed 4/13-5/4 6:30-7:45 PM Activity #40456**

## MARTIAL ARTS

### NEW! Intro to Brazilian Jiu-Jitsu

Legendary Jiu-Jitsu Master Ralph Gracie has trained World Champions at every level and is now teaching in Dublin. Learn the basics of Brazilian Jiu-Jitsu in a structured and friendly environment. Students learn ground wrestling moves at their own pace while practicing basic Jiu-Jitsu moves. Instructors teach ground defense and self defense moves without striking. Instructors encourage students to improve on their fitness, ground game, and confidence. Uniforms are required and available for \$30.

8 Classes Instructor: Ralph Gracie Jiu-Jitsu

15 Years+ \$179 Res/\$215 Non-Res

**Ralph Gracie Jiu-Jitsu**

**Wed 2/24-4/13 6:00-6:55 PM Activity #40464**

### Krav Maga

Krav Maga is a self-defense program that uses fitness, boxing, kicks, weapons defense, ground defense and other mixed systems. Focus changes weekly, and the rotating curriculum keeps things moving and the students stimulated with a variety of material. We recommend that students be in good physical condition prior to enrollment. Martial Arts America Krav Maga gloves are required and cost \$49.

12 Classes Instructor: Martial Arts America

15 - 50 Years \$169 Res/\$203 Non-Res

**Martial Arts America**

**Thu 2/18-5/5 7:45-8:30 PM Activity #40409**

**Sat 2/20-5/7 9:00-10:00 AM Activity #40408**

**Karate**

Students will be immersed in the Korean Martial Art of Tang Soo Do while learning basic blocks, punches, kicking and sparring techniques that instill discipline and self-control.

9 Classes Instructor: Robert Berger

15 Years+ \$54 Res/\$65 Non-Res

**Dublin Public Library**

**Mon 2/22-5/2\* 7:30-9:30 PM Activity #40184**

\*no class 3/14, 3/28

**Aikido**

Instructor: Ron Hsi

**Beginning Aikido**

Improve your confidence, power and agility while learning self defense in a relaxed, friendly and non-competitive environment. No matter your size, gender, age or athletic ability, you will see and feel the benefits. Beginners are welcome and can start at any point during the session; however, fees are not pro-rated. Judo uniforms are recommended but not required.

14 Years+

6 Classes \$39 Res/\$47 Non-Res

**Dublin Public Library**

**Tue, Thu 2/16-3/17\* 8:00-8:45 PM Activity #40397**

**Tue, Thu 3/29-4/14 8:00-8:45 PM Activity #40398**

\*no class 2/18, 2/25, 3/8, 3/10

**Intermediate Aikido**

Continue to build upon the basic skills learned in Beginning Aikido with additional practice of self-defense techniques without kicking or punching. Instead, students tap their inner energy and use the strength of their attacker. Learn the fundamental body dynamics, throws, pins, and blocks that make this martial art so effective and popular among men and women of all ages.

14 Years+

21 Classes \$116 Res/\$139 Non-Res

**Dublin Public Library**

**Tue, Thu 2/16-5/12\* 8:00-9:30 PM Activity #40400**

\*no class 2/18, 2/25, 3/8, 3/10, 3/24

**SPORTS****Tennis Lessons**

Learn a sport that you can enjoy for a lifetime with this easy, step-by-step lesson plan. Instructor/student ratio is 1:6.

6 Classes Instructor: Arora Tennis

**Tennis 101**

Participants will receive plenty of individual attention in this class for those with minimal or no previous tennis instruction. Basic fundamentals will be covered, with a focus on developing solid techniques.

18 Years+ \$132 Res/\$158 Non-Res

**Fallon Sports Park**

**Sat 2/27-4/2 9:00-10:00 AM Activity #40592**

**Sat 4/16-5/21 9:00-10:00 AM Activity #40593**

**Tennis 102**

Intermediate players—this class is for you! Continue to develop solid techniques and further strengthen your skill level.

18 Years+ \$132 Res/\$158 Non-Res

**Emerald Glen Park**

**Sat 2/27-4/2 9:00-10:00 AM Activity #40594**

**Sat 4/16-5/21 9:00-10:00 AM Activity #40595**

**NEW! Tennis 103**

Graduates of Tennis 102: this class emphasizes singles and doubles point play, and strategy.

18 Years+ \$132 Res/\$158 Non-Res

**Emerald Glen Park**

**Sat 2/27-4/2 8:00-9:00 AM Activity #40596**

**Sat 4/16-5/21 8:00-9:00 AM Activity #40597**

**Cardio Tennis**

Looking for an ideal alternative to working out in the gym? Cardio Tennis is a fun group activity with drills to give athletes of all abilities the ultimate, high-energy workout. It includes warm-up, cardio workout, and cool-down phases. If you're looking for a new way to get in shape and burn calories, try Cardio Tennis. All playing levels are welcome.

6 Classes Instructor: Arora Tennis

18 Years+ \$120 Res/\$144 Non-Res

**Fallon Sports Park**

**Sat 2/27-4/2 8:00-9:00 AM Activity #40600**

**Sat 4/16-5/21 8:00-9:00 AM Activity #40601**

**Emerald Glen Park**

**Tue 3/1-4/12\* 7:00-8:00 PM Activity #40598**

**Tue 4/26-5/31 7:00-8:00 PM Activity #40599**

\*no class 4/5

**Private Tennis Lessons**

Both private and semi-private lessons are available. Lessons are held at an agreed-upon date, time and location. Find detailed descriptions of our highly-qualified instructors and registration information at [www.DublinRecGuide.com](http://www.DublinRecGuide.com). Click on Programs, then Children's Classes, then Children's Sports. Questions? Contact [rich.jochner@dublin.ca.gov](mailto:rich.jochner@dublin.ca.gov).







### Women's Golf School

Women's golf is on the rise and the Ladies Professional Golf Association (LPGA) is steadily gathering dedicated golf fans. Don't just watch! This is your chance to learn how to play with other motivated women. Instruction includes correct grip, stance, posture, aim and swing. Rules, etiquette and fundamentals will also be covered. Bring your own golf clubs if possible; however, loaner clubs are available if needed. Golf or tennis shoes required.

5 Classes Instructor: Dublin Ranch Golf Course

18 Years+ \$114 Res/\$137 Non-Res

**Dublin Ranch Golf Course**

**Wed 4/13-5/11 5:00-6:00 PM Activity #40566**

**Wed 5/18-6/15 6:00-7:00 PM Activity #40567**

### Coed Golf School

Learn to play golf in a friendly, non-competitive environment. Rules and etiquette, as well as basic full swing fundamentals and short game skills (chipping and putting) will be covered. Bring clubs if possible; however, loaner clubs are available if needed. Golf or tennis shoes required.

5 Classes Instructor: Dublin Ranch Golf Course

18 Years+ \$114 Res/\$137 Non-Res

**Dublin Ranch Golf Course**

**Thu 4/14-5/12 5:00 PM-6:00 PM Activity #40568**

**Sat 4/16-5/14 9:00 AM-10:00 AM Activity #40569**

**Sun 4/17-5/15 11:15 AM-12:15 PM Activity #40570**

**Thu 5/19-6/16 6:00 PM-7:00 PM Activity #40575**

**Sat 5/21-6/18 9:00 AM-10:00 AM Activity #40576**

**Sun 5/22-6/19 11:15 AM-12:15 PM Activity #40577**

## ADULT SPORT LEAGUES

### Men's 5-on-5 Basketball Leagues

The Men's 5-on-5 Basketball League season consists of a ten-game schedule, plus playoffs for the top qualifying teams. "C" level should be considered higher than "D" level. The 5-on-5 leagues are played on Sunday afternoons and evenings. Registration is currently open for these leagues.



18 Years+ \$640 Res Team/\$768 Non-Res Team

**Stager Community Gymnasium**

**"C" League begins Sun 1/10 Activity #40088**

**"D" League begins Sun 1/10 Activity #40087**

### Men's 5-on-5 Basketball League, 30 Years and Over

This league is for players 30 years of age or older. The season consists of an eight-game schedule, plus playoffs for the top qualifying teams. Game times are in the evening.

18 Years+ \$509 Res Team/\$611 Non-Res Team

**Stager Community Gymnasium**

**"30+" League begins Mon 3/14 Activity #40735**

### Adult Softball Leagues

Spring Softball Leagues consist of an eight-game schedule, plus playoffs for the top qualifying teams. Game times are 6:30, 7:45 and 8:45 PM.

18 Years+ \$599 Res Team/\$719 Non-Res Team

**Fallon Sports Park**

**Men's "D" League begins Tue 4/12 Activity #40733**

**Coed "D" League begins Thu 4/14 Activity #40734**

### Resident/Non-Resident Team Status

To qualify as a resident team, 51% of the roster must be Dublin residents, or sponsored by a Dublin-based business with a current business license and pay by company check or credit card.

### Team Registration

Resident team registration must be done in person at Shannon Community Center. Non-Resident team registration may also be completed online. Full registration and payment must be completed 2 weeks prior to the advertised league start date, or a \$25 late fee applies. No partial payments will be accepted. Players must be at least 18 years old.

### Free Agent List (individuals)

The City of Dublin maintains free agent lists for basketball, bocce and softball. Call (925) 556-4500 to be added to a list. This list is shared with team managers upon request.